




how well do you really know our young ppl of 2day?

Parenting Your Pre-teen
Help! What has happened to my beautiful child?



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No an alien hasn't invaded your beautiful child's head and body!
It is just called
PUBERTY!


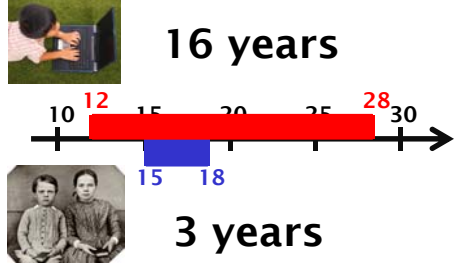
Historical Perspectives



Adolescence, what is it?


Changing Biology:
1850 girl menstruated on average @ 15, and married @ 18
Today a girl menstruates on average @ 12, and marries @ 28

Medically definition:
Adolescence ranges between 9 - 24



16 years

3 years



Question

What significant experiences occurred during your formative childhood and teenage years?

Xers - Personal Computer, AIDS, single parent families, multiculturalism, and the downsizing of companies.

Gen Y's - the internet, cable television, glocalisation, September 11 & global terrorism, family dysfunction, and environmentalism

The Millennial Teenager: Digital Natives - personal devices, cyber-space, social media, on-demand viewing, the digital world, cloud, relativism & pluralism, individual truth/experience



The breakdown on how teens interact on a daily basis

Text Messaging	63%
Mobile Phone Calls	39%
Face to Face	35%
Social network Messaging	29%
Instant Messaging	22%
Talking on Landlines	19%
Emailing	6%



What Young People Value (Age 11 to 24)

Source: National Survey of Young Australians - Mission Australia

1. Family relationships 74.3%
2. Friendships 59.0%
3. School or study satisfaction 36.9%

A greater proportion of females and of respondents aged 11 to 14 years highly valued these top three items



What Influences Today's Teens?

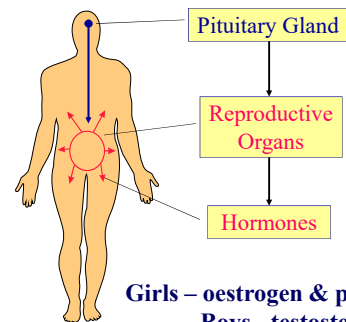
- Family
- Friendships Core group of 3 to 8 friends
- Social Media
- Popular Culture



Development Issues



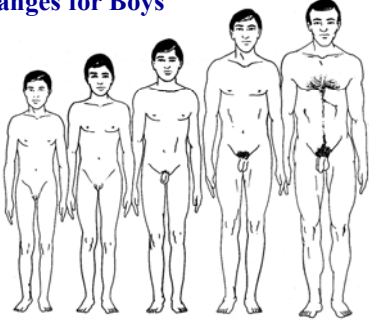
Understanding Puberty



Girls – oestrogen & progesterone
Boys - testosterone

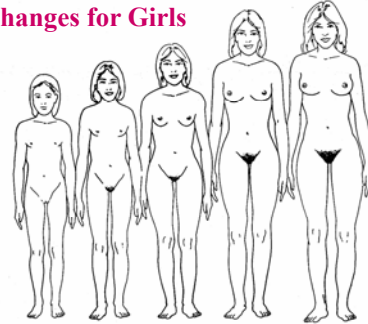


Body Changes for Boys



Source: Johnson & Johnson

Body Changes for Girls



Source: Johnson & Johnson

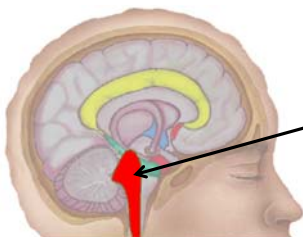
The teenage brain is NOT an adult brain with less kilometres on it – at best their brain is only about 80% developed

A Time of Great Potential

The new knowledge about the teen brain shows us that adolescence offers perhaps a second chance—or at least an additional one—to unleash the enormous potential and possibilities that lie within a person’s brain and to shape positively that the person’s social, emotional and intellectual development. It means that what happens during their adolescents years important and can have considerable and long-lasting impact on their lives.

Unleashing the Potential of the Teenage Brain: 10 Powerful Ideas. Corbin, 2008

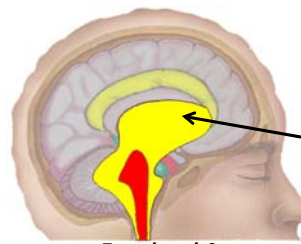
AUTOMATIC (Survival) Brain



Survival Brain

- the first part of the brain to develop
- fastest part of the brain
- runs automatic functions that keep us alive i.e. breathing, heartbeat, digestion
- its #1 job is our SURVIVAL

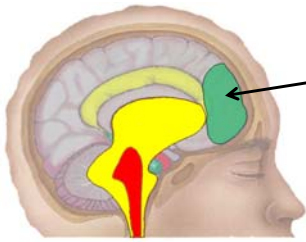
FEELING (Impulsive) Brain



Emotional & Experiential Brain

- next fastest part of the brain
- runs on past experiences & emotions
- fear is it fastest trigger
- fires up our defences
- learns by repetition
- its #1 job is SENSING FEAR

THINKING (Smart) Brain



- the last part of the brain to develop
- slowest part of the brain
- helps us to think through decisions
- the first to switch off when under stress
- has the power to override the impulsive brain
- last part to mature
- its #1 job is **THINK**



Brain Fact #1. Pruning - use it, or lose it

- Early teen years anywhere up 15-20%
- Information often used is deemed important
- Unimportant is forgotten
- 'Monosyllabic grunts'
- General skills can go awry
- Often they are not thinking

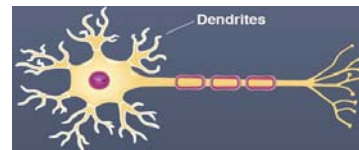


Brain Fact #2. Emotional Overwhelming

- Easily overwhelmed by everyday life
- Feel out of control and disempowered
- Often irresponsible
- Misinterpret social situations
- Misread parents and teachers
- Struggle with motivation and focus



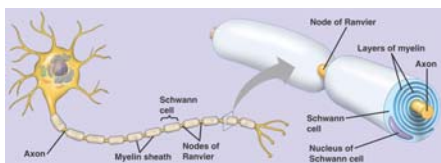
Brain Fact #3. Overproduction of Dendrites and Synaptic Connections



Fast growing synapses and sections that remain unconnected - impulsive behaviour



Brain Fact # 4. Myelination - Insulating Neurons & Synaptic Connections



- Is easily affected by alcohol and drugs
- Completed around 22-24 for girls & 26-28 for boys



Key Points

- Teen brain is large and poorly organised and craves novelty
- It is time of transition from grey matter to white matter - massive change
- Pruning makes them forgetful, disorganised, emotionally unpredictable
- They often misread facial expressions, misinterpret body language and the spoken word
- Maturation is not achieved until 20's



Parenting the Teenage Brain: Understanding a Work in Progress by Sheryl Feinstein (2007)

Key Points

- Their brain is very vulnerable to damage
- Only 5 hours of playing violent computer games will show brain activity with aggressive thoughts
- Computer games emphasize rapid responses in their brain rather than encouraging thoughtful decisions
- 50% have tried drinking by age 14
- 40% of teen deaths in vehicle accidents



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Key Points

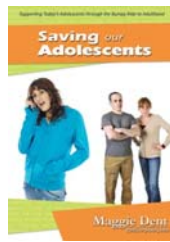
- Many teens flourish in spite of all that is happening
- Exercise & good sleep can help
- They need more sleep than pre-teens & adults
- 70% of them have difficulty waking up in the morning
- Close bonds with parents means that they are less likely to drop out of school



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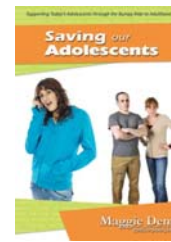
What Doesn't Work

- Lecturing
- Nagging
- Poor Timing
- Arguing
- Unkindness
- Criticism
- Shouting



What Doesn't Work

- Manipulation
- Guilt Games
- Any physical Abuse
- Ignoring or Freezing Them Out - especially boys
- Using 'Always', 'Never', 'It's Easy!', or 'It's Going to be Hard' as a predictor



A Strategy with Teens

1. Don't React
2. Don't Personalise
3. Tactically Ignore
4. Call the 'Power Play' for what it is
5. Decide what you want
6. Expect a reaction
7. Return to point #1



Questions
Clarification
Reactions



Saving our Adolescents
Maggie Dent

What teenage girls don't tell their parents
Michelle Mitchell

HE'LL BE OK
GROWING GORGEOUS BOYS INTO GOOD MEN
Colia Lashlie

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